



Swim Course Information

- ❖ The swim at the South Coast Triathlon is a sea swim
 - ❖ The swim course distance 750m
 - ❖ The swim course distance for the Super Sprint & Fun is 200m (short course)
 - ❖ **IMPORTANT! IT IS COMPUSLORY TO WEAR A WET SUIT FOR THE OLYMPIC & THE OLYMPIC RELAY SWIM**
 - ❖ It is not compulsory to wear a wet suit in the other distances but it is advisable
 - ❖ There will be safety crafts on the water at all times as well as life guards on the beach
 - ❖ There is a short run from the swim exit to the cycle transition of approximately 250m, there is matting for you to run/walk on, if you want to wear a pair of trainers from the swim exit, then make sure you take them with you to use as you exit the water
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|------------------------------------------------------------------------------------|---|---------------|---|--------------|
| ❖ Swim course for all the Super Sprint & Fun competitors (short course) | x | 1 lap | = | 200m |
| ❖ Swim course for all the Sprint & Sprint Relay competitors | x | 1 lap | = | 750m |
| ❖ Swim course for all the Olympic & Olympic Relay competitors | x | 2 laps | = | 1500m |